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# Calcium

## In the Diet

### Effect of Different Amounts of Calcium on Growth



Insufficient calcium in an otherwise adequate diet



Sufficient calcium added to make the diet adequate

Litter mates of the same sex, 22 weeks old. Weight of  
smaller, 91 grams; of larger, 219 grams

RATS THREE-FOURTHS ACTUAL SIZE

### Some Common Sources of Calcium



Almonds  
Beans, dry  
Buttermilk  
Cabbage greens  
Carrots  
Cauliflower

Chard  
Cheese, American  
Clams  
Cowpeas  
Dandelion greens  
Endive

Figs, dry  
Hazelnuts  
Kohl-rabi  
Lentils  
Maple sirup  
Milk

Molasses  
Okra  
Oranges  
Parsnips  
Peas, dry  
Rhubarb

Rutabaegas  
Spinach  
Turnips  
Turnip tops  
Watercress

NUTRITION CHART 5

Bureau of Home Economics

UNITED STATES DEPARTMENT OF AGRICULTURE